



RECREATION DEPARTMENT

The Heart of the Neighborhood

www.chulavistaca.gov/rec

270 F Street • (619) 409-1930



Norman Park Senior Center

January, February, March 2018

Stone Soup: Wednesday, January 17 @ 12 PM

9600.176

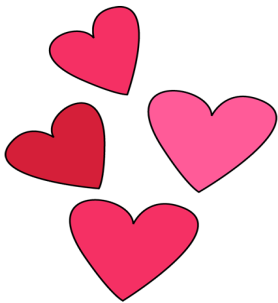
Come share a cup of soup and hear the story that inspired this funny and heart-warming tradition. Just bring a can of your favorite soup to the main office by the 16th, then join us for a yummy lunch on the 17th.



This event is free, but pre-registration is required.

Valentine's Lunch: Wednesday, February 14 @ 12 PM

9600.173



February is the month of love and friendship! What better way to celebrate than to join Norman Park for an afternoon of Valentine's Day themed fun. Everyone who signs up will enjoy a festive lunch, dessert, and games. Pre-registration is required. This event may sell out so register early!

Must pre-register. Fee: \$5 Resident/ \$6 Non-Resident

Potato Bake: Wednesday, March 14 @ 12 PM

9600.175

This spud's for you! We will be hosting our annual potato bake in March. Come enjoy a large baked potato with all the fixings and stay for fun trivia games. Space is limited, so register early.



Must pre-register. Fee: \$5 Resident/ \$6 Non-Resident

Register at the front desk or online at chulavistaca.gov/rec

Norman Park Updates

Norman Park Senior Center will be CLOSED:

New Year's Day: January 1, 2018

MLK Day: January 15, 2018

Cesar Chavez Day: March 30, 2018

To be more environmentally conscious and reduce our high printing costs, our quarterly newsletter is now on the city website at

www.chulavistaca.gov/rec

Commission on Aging

Meets the 2nd Wednesday of every-other-month (January 10 & March 14) from 2:45—4:00 PM in the Conference Room. For more information contact (619) 409-5979.

Interest Lists for New Groups

If you are interested in starting or joining a new group, stop by the main office to put your name and contact information on an interest list. Once we get enough people interested in each activity we can then form an official group and find a time and meeting space for them.

*** NEW*UCSD HAPI-CHI Healthy Aging Study**

This study is to investigate whether participation in either Healthy Aging or Tai Chi classes has an effect on the physical and mental health of older adults with elevated blood pressure. The 12-week class will be free to participants ages 60+. Participants must have a systolic blood pressure greater than 130 mmHg to be in the study. The study also involves some pre- and post- laboratory tests, which include a blood sample, blood pressure measurements, and pulse rate, all of which are done at the UCSD hospital in Hillcrest. The study will cover parking costs and/or provide taxi transportation for participants to the hospital. Participants can receive up to \$325 in compensation.

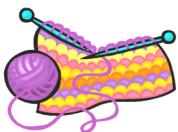
Recruitment will begin in January 2018

Meeting with Councilmember Aguilar

Councilmember Patricia Aguilar will be at Norman Park Senior Center on Wednesday, January 31, 2018 at 9:30 AM for a meeting to discuss the renovations at Norman Park. The public is invited to attend.



Knitting & Crocheting Group Announcement



The Knitting & Crocheting Group, which meets Wednesdays from 9:30—11:30 AM (see page 4), is seeking donated yarn to use as they knit for charity. Donations of yarn are accepted at the main office.

CHULA VISTA SENIOR CLUB NEWS

Chula Vista Senior Club New Membership begins January 2018.

Please come to the Hostess Desk to sign up or renew.

Membership Fees are \$10/year.

Bingo Every Friday

Time: 12 PM—2 PM

The Chula Vista Senior Club hosts a potluck during bingo the 1st and 3rd Fridays of each month. Please bring a food item to share. Bingo cards are \$.50 each. Come for fun and the prizes!

Bingo with Potluck

Jan. 5, 19; Feb. 2, 16; Mar. 2, 16

Bunco Every Friday

2:30 PM—4 PM

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary! Bunco is a parlor game played in teams with three dice.

Live Band Dances

January 4: New Year's Gala

12:30 PM—4 PM

Prime Rib Luncheon and Dance

Silver or Black & White Attire (Optional)

Cost: \$12 Cash or Check



February 1: Valentine's Dance

1:00 PM—3:00 PM

More info. TBA

March 1: March Madness

1:00 PM—3:00 PM

More info. TBA

**For more info. call
(619) 409-1935**



**Upcoming Trip: February trip to Las Vegas.
More details to come.**

2018

SENIOR CLUB BOARD MEMBERS

President: Shirley Dorscher

Vice President: Edith Tobie

Secretary: Cindy Stoke

Treasurer: JoAnn Erber

Purchasing Agent: Daniel Jaime



General Meeting

The Senior Club Board Meetings are scheduled for the 1st Tuesday of each month at 1:00 PM. The General Meetings are afterward at 1:30 PM. The next meetings are scheduled as follows:

January 2 @ 1:30 PM in Conference Room

February 6 @ 1:30 PM in Conference Room

March 6 @ 1:30 PM in Conference Room

The general meeting is open to all Senior Club members. Please join us to share your ideas and concerns.

CLASSES, ACTIVITIES, & GROUPS

This program is funded in part through the Department of Housing and Urban Development's Community Development Block Grant and, therefore, requires compliance with the standards required as a condition of providing these funds consistent with regulations governing Public Services [(§570.201(e))]. These funds were granted to provide services rendered to Low/Moderate Income Elderly (HUD Eligibility Matrix Code 05A - Senior Services) by the City of Chula Vista Recreation Department. In order to be eligible for this program, you will be required to fill out a Client Intake form and verify eligibility by providing proof of age 62 years or older.

CREATIVE

ART WATERCOLOR 3001.171

Are you interested in painting with watercolor? Would you like to meet and paint with other artists? Then this is the activity for you!

DAY	TIME	ROOM	COST
Mon.	9:00 AM—12:00 PM	7 & 8	FREE

ARTIST SOCIAL GROUP 3002.171

Come socialize with fellow artists and share your talent. Everyone is welcome to bring their own artwork to create. Have fun with everyone in the group!

DAY	TIME	ROOM	COST
Wed.	9:30 AM—11:30 AM	6	FREE

CREATIVE WRITERS 3013.171

This is a group for anyone interested in the creative writing process. Peers are here to encourage and inspire you with your latest writing project. Meet up to share your ideas.



DAY	TIME	ROOM	COST
Tues.	2:00 PM—4:00 PM	CONF. RM.	FREE

KNITTING & CROCHETING 3022.171

Join this friendly group of people who love to knit and crochet in good company. We have participants of all skill-levels, and would love to see some new faces!

DAY	TIME	ROOM	COST
Wed.	9:30 AM—11:30 AM	7 & 8	FREE

COLORING SOCIAL GROUP 3104.171

Spend some time relaxing and chatting with friends both old and new as you channel your artistic side. Bring your own supplies or use materials provided by the center.



DAY	TIME	ROOM	COST
Tues.	10 AM—12 PM	CONF. ROOM	FREE

EXERCISE & FITNESS

EXERCISE WITH KAY 4018.171

Lose weight. Increase your energy. Improve your overall well-being. All of this is possible in this morning exercise with our volunteer Kay.

DAY	TIME	ROOM	COST
Mon./Wed.	8:00 AM—9:00 AM	FULL HALL	FREE

STRENGTH TRAINING 4030.171

If you're interested in feeling stronger, healthier, and more vital, this program is for you. Exercising your muscles will increase your strength and endurance. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Wed.	5:45 PM—6:45 PM	9,10,11	FREE

EXERCISE LONGEVITY STICK 4017.171

The longevity stick exercises aim at improving balance, flexibility, strength, mental focus and breathing capacity. Let us train the lungs and the body. Led by volunteer Sandy Trocinski.

DAY	TIME	ROOM	COST
Tues./Thurs.	9:00 AM—9:45 AM	PARK	FREE

YOGA 4033.171

Yoga improves cardiovascular health, aids digestion, improves sleep, and lowers blood pressure and cholesterol. This is a gentle class perfect for seniors. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Fri.	8:00 AM—9:30 AM	9,10,11	FREE

CHAIR YOGA 4034.172

This class strengthens and stretches the whole body, all while seated in a chair. It's perfect for seniors or people with a disability. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Wed.	4:15 PM—5:45 PM	9,10,11	FREE

GENTLE YOGA 4035.171

Gentle movement and stretching through yoga poses can reduce swelling in joints while increasing joint mobility. Yoga improves balance which can be especially helpful for seniors. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Thurs.	4:30 PM—6:30 PM	9,10,11	FREE

PLEASE NOTE: All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in

CLASSES, ACTIVITIES, & GROUPS

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ENGLISH CONVERSATION 3333.172

Improve your English speaking skills in our English Conversation group where you'll meet a bunch of friendly people who are learning English and can practice with you.

DAY	TIME	ROOM	COST
Wed.	9 AM—11 AM	CONF. RM.	FREE

SPANISH CONVERSATION 3333.171

Brush up on your Spanish speaking skills in our Spanish Conversation group where you'll meet a bunch of friendly people who are learning Spanish and can practice with you.

DAY	TIME	ROOM	COST
Mon.	10:00 AM—12:00 PM	CONF. RM.	FREE

YOUNG AT HEART STORYTIME

Jan.: 5200.171 Feb.: 5200.172 Mar.: 5200.173

NPSC is hosting an intergenerational program in which seniors will read stories to preschool aged children. We are currently seeking volunteer readers.

DAY	TIME	ROOM	COST
2nd Tuesday	10:30 AM—11:00 AM	LOBBY	FREE

BOOK CLUB 3100.171

Join a group of book lovers in this fun activity. Each month the group will read a different book and meet to discuss it.

DAY	TIME	ROOM	COST
1st Thurs.	1:00 PM—3:00 PM	CONF. ROOM	FREE

PINOCHLE 3026.171

Join a fun group of seniors who enjoy playing pinochle in a social and fun environment. Don't be bored at home—make friends and keep your mind active.

DAY	TIME	ROOM	COST
Wed.	9:00 AM—1:00 PM	LOBBY	FREE
Fri.	12:00 PM—4:00 PM	LOBBY	FREE

MEXICAN TRAIN & OTHER GAMES 3024.171

Join a group of fun loving seniors to play *Mexican Train* along with other games. Don't be bored at home, make friends and keep your mind active.

DAY	TIME	ROOM	COST
Wed.	12:00 PM—2:00 PM	LOBBY	FREE

MOVIE MONDAY 3025.171

Every Monday Norman Park Senior Center features an exciting movie that will keep you entertained.

DAY	TIME	ROOM	COST
Mon.	1:00 PM—3:00 PM	HALL	FREE

BRIDGE

Mon.: 3007.171 Wed.: 3006.171 Fri.: 3008.171

Bridge is the greatest card game of all. It can provide a challenge as well as enjoyment for the rest of your life. Millions of people play bridge worldwide making it one of the world's most popular card games, particularly among seniors!

DAY	TIME	ROOM	COST
Mon. (Bridge Chicago)	12:00 PM—4:00 PM	6	FREE
Wed.	12:00 PM—4:00 PM	7	FREE
Fri.	12:00 PM—4:00 PM	6	FREE

WORLD AFFAIRS GROUP DISCUSSION 3032.171

Interested in discussing current events and topics of state, national and international interest? Come to the World Affairs Group Discussion, all are welcome.

DAY	TIME	ROOM	COST
Mon.	10:00 AM—12:00 PM	10,11	FREE

BILLIARDS ROOM TOURNAMENT 3005.171

The Billiards Room is open for patrons 50+ during regular operating hours. There are two tournament size billiards tables and pool sticks are available.

DAY	TIME	ROOM	COST
4th Thurs.	12:00 PM—4:00 PM	ANNEX	FREE

SHUFFLEBOARD 3029.171

Shuffleboard is best played in groups, so bring your friends along and join us at Norman Park! Have fun and enjoy a good afternoon with friends.

DAY	TIME	ROOM	COST
Fri.	11:00 AM—12:00 PM	ANNEX	FREE

MAH JONGG 3030.171

Traditionally played in groups of four players, Mah Jongg is a fun game that uses tiles. Both new and experienced players are encouraged to bring a sack lunch to enjoy and join this friendly group for a day of Mah Jongg.

DAY	TIME	ROOM	COST
Fri.	10:00 AM—3:00 PM	ANNEX	FREE

SCRABBLE 3789.171

Come test your vocabulary and show off your creativity with fellow word enthusiasts.

DAY	TIME	ROOM	COST
Mon./Wed./Fri.	12:30 PM—4:00 PM	LOBBY	FREE

CLASSES & ACTIVITIES

INSTRUCTED

GUITAR LESSONS

Jan.: 3019.171 Feb.: 3019.172 Mar.: 3019.173

Your musical journey starts here! Learn chords, simple strums, and tuning in a fun and relaxed group setting. Whether you're a beginner or an intermediate student, this course will take your musical talent to the next level. By the time you're finished, you'll be well on your way to becoming a better guitar player.

This class is taught by Scott Humphries.

DAY	TIME	ROOM
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Tues.	10:45 AM—11:45 AM	11
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COST

Month: \$21/Res & \$26/Non-Res



LINE DANCE (Advanced/Beginner)

Adv.: Jan: 3015.171 Feb.: 3015.172 Mar.: 3015.173

Beg.: Jan: 3016.171 Feb.: 3016.172 Mar.: 3016.173

You don't need a partner but you can bring all your friends to this fun workout! Everyone learns at a different pace so choose between the Advanced and Beginner levels! This class is taught by Christine Schroeder.

DAY	TIME	ROOM
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Advanced Tues.	10:00 AM—11:00 AM	7 & 8
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Beginner Tues.	11:00 AM—12:00 PM	7 & 8
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COST

Month: \$12/Res & \$15/Non-Res

Drop-in: \$3.00/Day



ENRICHMENT

SINGING INFORMAL

3041.171

Share your talent with other singing seniors in our community! Come and enjoy an informal singing group and have fun in a relaxed setting with other seniors!

DAY	TIME	ROOM	COST
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Tues.	9:00 AM—12:00 PM	ANNEX	FREE
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SINGING SENIORS

3042.171

The Singing Seniors is a group of members over the age of 50 who sing all the right notes. The group provides a unique outlet of expression and gets out to perform!

DAY	TIME	ROOM	COST
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Tues.	1:30 PM—3:30 PM	ANNEX	FREE
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BINGO—CV SENIOR CLUB

3004.171

Looking for the best **Bingo** in Chula Vista? Looking for something exciting to do at Norman Park? Look no further. Come and enjoy a wonderful atmosphere while you relax and play bingo.

DAY	TIME	ROOM
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Fri.	12:00 PM—2:00 PM	9,10,11
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BUNCO—CV SENIOR CLUB

Wed.: 3010.171

Fri: 3009.171

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary! Bunco is a parlor game played in teams with three dice.

DAY	TIME	ROOM
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Wed.	4:30 PM—6:30 PM	LOBBY
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Fri.	2:30 PM—4:00 PM	9,10,11
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SENIOR TECH

COMPUTER LAB MEMBERSHIP

Quarterly computer lab access.

COST: Oct.—Dec. \$5/Res & \$6 Non-Res

DAY	TIME	ROOM
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Fri.	10:00 AM—12:00 PM	LAB
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TECH ONE-ON-ONE

3200.171

Private one-on-one instruction provided on any phone and/or tablet device. Please call the front desk to schedule an appointment. Payment is due the day of your session.

TIME : See the main office for an appointment

COST : \$10 per 30 minute session (\$13 Non-Residents)



PLEASE NOTE: All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

CLASSES & ACTIVITIES

DANCE CARDIO PARTY

Get your heart pumping as you feel the rhythm of the music. It's not a workout, it's a party! Join Rita for a fun way to get fit. This class is taught by Rita Sancen.

DAY	TIME	ROOM	COST
Mon. & Wed.	5:30 PM—6:30 PM	6,7,8	Drop-in fee \$3



\$16/\$20 **Jan.** (4730.171)
 \$16/\$20 **Feb.** (4730.172)
 \$16/\$20 **Mar.** (4730.173)

VOLLEYBALL

4025.171

Imagine a sport in which you can rack up points while never having to leave your chair. Sound too good to be true? Come try this fun new activity with a lively group of seniors. It's sure to be a good time!

DAY	TIME	ROOM	COST
Mon.	9—9:30 AM	9, 10, 11	FREE

SENIOR EXERCISE

4040.171

This class is specifically designed for older adults. Strength training exercises will enhance and promote strength and balance skills, mobility and agility skills. Led by volunteers.

DAY	TIME	ROOM	COST
Tues. & Thurs.	8:00 AM—9:00 AM	FULL HALL	FREE

TAI CHI

This course introduces the Chinese Tai Ji Quan traditional exercise for body and mind. Emphasizes muscle tone, flexibility, relaxation and stress reduction, especially for older adults. Consists of slow, rhythmic movements and meditation techniques effective for relaxation, decreasing high blood pressure, and promoting overall wellness.

Instructor: S. Evans.

DAY	TIME	ROOM	COST
TBA	TBA	TBA	TBA

*Under special circumstances, class may be held outside.

FITNESS CENTER

The fitness center has a variety of equipment including treadmills, rowing machines, stationary bicycles, strength training machines, balance boards, and free weights.

COST: Jan. — Mar. \$35/Res & \$44/Non-Res
 (4111.171)

One Month: \$15/Res & \$19/Non-Res

(Jan.: 4112.171; Feb.: 4112.172; Mar.: 4112.173)

Fitness Center Hours

Monday/Wednesday/Friday 10:30 AM—2:00 PM

Tuesday/Thursday 8:00 AM—12:30 PM

Evening and Saturday Hours

Monday-Thursday 5:00 PM—7:00 PM

Saturday 8:30 AM—11:00 AM



CHULA VISTA WALKING FOR FITNESS 4615.170

DAY	TIME	ROOM	COST
Tues. & Thurs.	9:30 AM	9 & 10	FREE

WFF participants meet at the NPSC every Tuesday and Thursday at 9:30 AM. After a short sharing of ideas or health tips, it's out walking we go.



PLEASE NOTE: All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

HEALTH & WELLNESS

BEREAVEMENT SUPPORT GROUP 3003.171

Free peer support group open to anyone seeking support in coping with the loss of a loved one. Professionally facilitated by staff of Silverado Hospice.

DAY	TIME	ROOM	COST
Thurs.	10:30 AM—12:00 PM	CONF. RM.	FREE

BLOOD PRESSURE SCREENING 8200.175

Blood pressure screening is free to everyone. Services provided by a Sharp Chula Vista Medical Center volunteer.

DAY	TIME	ROOM	COST
1st/3rd Fridays	9:00 AM	LOBBY	FREE

PRESENTATIONS

Silverado Hospice:

Hospice vs. Palliative Care

DAY	TIME	ROOM
Friday, January 5th	10:00 AM	9

This presentation, led by hospice liaison Elva Perez, will discuss quality of life for the chronically ill, as well as hospice vs. palliative care. Bereavement group facilitator, Kevin Summer-Eisenbraun, will also be present to discuss spiritual/emotional aspects of hospice.



Alzheimer's Presentation by Sharp Mesa Vista

DAY	TIME	ROOM
Monday, January 22nd	10:00 AM	9

This presentation will discuss risk factors for the Alzheimer's, the physiological mechanisms, disease stages, treatment options, and what research/science is currently working on.

Senior Advocate Network Three-Part Series

DAY	TIME	ROOM
Friday, January 19th	10:00 AM	9

The first of a three-part series by the Senior Advocate Network will be focusing on "**downsizing, decluttering, and moving**, and **real estate tips** concerning selling, buying, and renting for 2018."

Community Health Group Presentations

Nutrition: Reflect, Replace and Reinforce for Eating Healthy

DAY	TIME	ROOM
Tuesday, February 13th	10:00 AM	Conf. Room



Diabetes: Prevention and Control

DAY	TIME	ROOM
Tuesday, March 13th	10:00 AM	Conf. Room

DAY	TIME	ROOM
Friday, February 16th	10:00 AM	9

The second of a three part series being presented by the Senior Advocate Network will be by Specialists in three areas: One, **Eldercare law**, including wills, trusts, and advanced directives; Two, 2018 **Medicare planning**; and, Three, **Final Expense planning**, including funeral costs, and final Medical expenses.

DAY	TIME	ROOM
Friday, March 16th	10:00 AM	9

The third of a three part series being put on by the Senior Advocate Network will include three Specialists in the three areas of **in-home care and healthcare**; no cost **placement services** in area Senior communities; and **Hospice and Palliative care**.

PLEASE NOTE: All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

UPSTAIRS SERVICES AND CLUBS

Norman Park Senior Center serves as headquarters for a variety of local non-profit organizations that provide important services to our community. Head upstairs and say hello!

MEALS ON WHEELS

Meals-on-Wheels Greater San Diego, Inc. is committed to reducing the isolation experienced by so many elderly. Meals are delivered to seniors' homes by volunteers.

Call (619) 420-2782 or visit <http://www.meals-on-wheels.org/> for more information.

SOUTHERN CAREGIVER RESOURCE CENTER

Southern Caregivers provide free services for family caregivers including counseling, respite, supports groups, legal consultations and more.

Call (619) 729-2772 for more information.

DAY	TIME	ROOM
Support Group (Spanish)		
1st & 3rd Wed.	4:30 PM—6:30 PM	Upstairs Office

"Clase Calma" (Spanish)	Call for dates and times.	Upstairs Office
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CLUB AMISTAD

Club Amistad meets for various events during the month. The group is mostly Spanish speaking but all are welcome to come join. For more information, contact Minga Santos at (619) 575-8144. Upcoming dates: **Jan. 2, 16, 23; Feb. 6, 20, 27; Mar. 6, 20, 27.**

DAY	TIME	ROOM
1st, 3rd, 4th Tues.	12:00 PM—4:00 PM	9,10,11

GARDEN CLUB

The Chula Vista Garden Club meets every 3rd Thursday of the month. Upcoming Dates: **Jan. 18, Feb. 15, Mar. 15.**

For more information call: President Michael J. Biedenbender (619) 991-0524.

DAY	TIME	ROOM
3rd Thurs.	10:30 AM—1:00 PM	FULL HALL



SPECIAL THANKS

Special thanks to Teresa Corona from the Harris Group for helping our seniors apply for a program to save money on their SDG&E bills.

The Harris Group sponsored dessert at our Spooktacular Luncheon in October.



Thank you to Assemblywoman Lorena Gonzalez Fletcher for providing turkeys and all the fixings to 200 seniors in our community as part of Operation Gobble in November 2017.

OLDER ADULT & SENIOR CLASSES AND ACTIVITIES ACROSS THE CITY

The Recreation Department offers a variety of classes and activities that are suitable for older adults and seniors. Attending these classes is a way to get out and explore the community while trying something new. Perhaps you'll find a new, fun class offered in your local neighborhood. Go to the Recreation Department's website for older adult and senior programming at a facility near you. www.chulavistaca.gov/rec

Otay Recreation Center

(619) 409-1999

3554 Main Street

Feeling Fit Club for Seniors

Mon. & Wed. 9—10 AM

Free



Loma Verde Recreation Center

1420 Loma Lane

(619) 409-1939

AM Exercise Tuesdays & Thursdays

9—10 AM, \$3 Drop-in fee or a monthly fee

which varies month to month.

Zumba

MTW 6:30 PM—7:30 PM

\$5 Drop-in fee or a monthly fee which varies month to month.

Loma Verde Pool

1420 Loma Lane

(619) 409-1987

Water Aerobics

Mon./Wed./Fri. 11 AM—12 PM

\$4/class or 10 classes for \$35



Salt Creek Recreation Center

2710 Otay Lakes Rd

(619) 585-5739

Senior Weight Training (Tues. 8 AM—8:50 AM)

\$50 Res/ \$63 Non-Res

10 week session. Taught by Frances Bordenave.

4355.131

Veterans Park Community Center

785 East Palomar

(619) 691-5260

AM Yoga (Mon. & Wed. 9—10 AM)

Jan. 8—Mar. 21

\$59 Res/\$72 Non-Res

4010.112

Zumba (Tues. 9—9:55 AM)

\$40 Res/\$49 Non-Res

Jan. 9—Mar. 15

4222.115

Zumba (Thurs. 9—9:55 AM)

\$40 Res/\$49 Non-Res

Jan. 11—Mar. 15

4222.117

Zumba Combo (Tues. & Thurs. 9—9:55 AM)

\$70 Res/\$86 Non-Res

Jan. 9—Mar. 15

4222.118



Monteville Recreation Center

840 Duncan Ranch Road

(619) 402-1977

Active Adult Fitness

Thursdays 10 AM—11 AM

Jan. 11—Mar. 15

\$30 Res/\$38 Non-Res

4410.150

Parkway Community Center

(619) 409-1980

Class is held at the Woman's Center @ 357 G Street

Exercise Program for Seniors

Tues. & Thurs. 1 PM—2 PM

Free

4110.161

WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EXERCISE WITH KAY 8:00 AM—9:00 AM COMPUTER CLUB 8:00 AM—12:00 PM VOLLEYBALL 9:00 AM—9:30 AM ART WATERCOLOR 9:00 AM—12:00 PM SPANISH CONVERSATION 10:00 AM—12:00 PM WORLD AFFAIRS GROUP 10:00 AM—12:00 PM BRIDGE CHICAGO 12:00 PM—4:00 PM SCRABBLE 12:30 PM—4:00 PM MOVIE MONDAY 1:00 PM—3:00 PM DANCE CARDIO PARTY 5:30 PM—6:30 PM (Fee Pg. 7)	EXERCISE CLASS 8:00 AM—9:00 AM LONGEVITY STICK 9:00 AM—9:45 AM WALKING FOR FITNESS 9:30 AM—10:30 AM SINGING INFORMAL 9:00 AM—12:00 PM COLORING GROUP 10:00 AM—12:00 PM ADV. LINE DANCE 10:00 AM—11:00 AM (Fee Pg.6) 2ND TUES. YOUNG AT HEART STORYTIME 10:30 AM—11:00 AM GUITAR LESSONS 10:45 AM—11:45 AM (Fee Pg.6) BEG. LINE DANCE 10:45 AM—11:45 AM (Fee Pg.6) 1ST, 3RD, 4TH TUES. CLUB AMISTAD 12:00 PM—4:00 PM SINGING SENIORS 1:30 PM—3:30 PM CREATIVE WRITERS 2:00 PM—4:00 PM	EXERCISE WITH KAY 8:00 AM—9:00 AM PINOCHLE 9:00 AM—1:00 PM ENGLISH CONVERSATION 9:00 AM—11:00 AM ARTIST SOCIAL GROUP 9:30 AM—11:30 AM KNITTING & CROCHETING 9:30 AM—11:30 AM MEXICAN TRAIN 12:00 PM—2:00 PM BRIDGE DUPLICATE 12:00 PM—4:00 PM (Canceled on special event days) SCRABBLE 12:30 PM—4:00 PM TECH 1-ON-1 3:00 PM—5:00 PM (Fee Pg. 6) CHAIR YOGA 4:15 PM—5:45 PM BUNCO GAME NIGHT - CV SENIOR CLUB 4:30 PM—6:30 PM DANCE CARDIO PARTY 5:30 PM—6:30 PM (Fee Pg.7) STRENGTH TRAINING 5:45 PM—6:45 PM	EXERCISE CLASS 8:00 AM—9:00 AM LONGEVITY STICK 9:00 AM—9:45 AM WALKING FOR FITNESS 9:30 AM—10:30 AM BEREAVEMENT 10:30 AM—12:00 PM 3RD THURS. GARDEN CLUB 10:30 AM—1:00 PM 1ST THURS. CV SENIOR CLUB DANCE 1:00 PM—3:00 PM BOOK CLUB: 1ST THURS. 1:00 PM—3:00 PM GENTLE YOGA 4:30 PM—6:30 PM	YOGA WITH KAY 8:00 AM—9:30 AM MAH JONGG 10:00 AM—3:00 PM COMUPTER LAB 10:00 AM—12:00 PM (Fee Pg. 6) SHUFFLEBOARD 11:00 AM—12:00 PM PINOCHLE 12:00 PM—4:00 PM SCRABBLE 12:30 PM—4:00 PM BINGO - CV SENIOR CLUB 12:00 PM—2:00 PM BUNCO - CV SENIOR CLUB 2:30 PM—4:00 PM BRIDGE 12:00 PM—4:00 PM



Out 2 Lunch Bunch

The Out-2-Lunch Bunch meets at 1:00 PM at the pre-designated restaurant. This group emphasizes making new friends and socializing. Everyone pays for their own lunch.

January 10 — Marie Callender's
330 "F" Street

February 14 — BJ's
Chula Vista Mall

March 14 — D'Lish
Terra Nova Mall

Don't forget to mark your calendars!



CENTER OPERATIONS

FITNESS CENTER HOURS

Mon./Wed./Fri. 10:30 AM—2:00 PM

Tues./Thurs. 8:00 AM—12:30 PM

Evening and Saturday Hours

Mon.—Thurs. 5:00 PM—7:00 PM

Sat. 8:30 AM—11:00 AM

NORMAN PARK STAFF

Sandy Chavez
Stephanie Campos
Caitlin Weston
Carol Verdugo
Heder Dominguez
Vivianne Atkins

Ysabel Jaimes
Adolfo Herrera
Dayanira Heredia
Julian Castruita
Kassandra Hernandez
Rick Lucero

CENTER HOURS OF OPERATION

Mon.—Thurs. 8:00 AM—7:00 PM

Fri. 8:00 AM—5:00 PM

Norman Park Senior Center will be closed:

New Year's Day: Monday, January 1, 2018

Martin Luther King Jr. Day: Monday, January 15, 2018

Cesar Chavez Day: Friday, March 30, 2018

